5	asebo Ekimae Nursery Center
	Sasebo DavNusery

October 2024 Menu and Ingredient Sasebo Day														
Date 10/1(Tue)	10/ 2(Wed)	10/3(Thu)	10/ 4(Fri)	10/ 5(Sat)	10/7(Mon)	10/8(Tue)	10/9(Wed)	10/10(Thu)	10/11(Fri)	10/ 12(Sat)	10/14(Mon)	10/15(Tue)	10/16(Wed)	10/17(Thu)
Milk Snack Shrimp-Flavor Crackers	Milk Corn Snack	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Shrimp-Flavor Crackers	Milk Corn Snack	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar		Milk Fried Crackers	Milk Shrimp-Flavor Crackers	Milk Corn Snack
Rice	Rice	Rice	Rice	Chicken and Egg Bowl	Rice	Rice	Rice	Rice	【Indian Cuisine】	Pork and Giger Bowl		Rice	Rice	Bread Roll
	Korean Fried Chicken Potato Salad	Mapo Tofu Bean-Starch Vermicelli Salad		Seasoned Cucumber Soybean Paste Soup		Grilled Salmon Dressed Japanese Mustard Spinach	Spanish Omelet French Salad	Grilled Whitefish Simmered Hijiki-Seaweed	Keema Curry and Rice	Cabbage Salad Soybean Paste Soup			Okinawa Stir-Fried Soybean Curd Korean Vegetables Salad	
Soybean Paste Soup	Chinese Soup	Clear Soup	Soybean Paste Soup	Canned Peaches	Consommé Soup	Clear Soup	Soymilk Soup	Soybean Paste Soup	Consommé Soup	Canned Pineapple		Soybean Paste Soup	Soybean Paste Soup	Milk Soup
Pears Rice	Oranges Rice	Bananas Rice	Apples Rice	Rice	Mini Jerry Rice	Pear Rice	Orange Rice	Apples Rice	Bananas Rice	Rice		Oranges Rice	Bananas Rice	Apples Bread Roll
		Rice		Chicken	Rice	Rice	Rice		Pork	Pork				breau Kon
	Chicken	Soybean Curd		Egg	Chicken Marmalade	Salmon White Soybean Paste	Egg	Codfish Salt	Onion	Onion Green Pepper		Codfish	Fried Soybean Curd	Soybean Chicken
	Sweet Rice Wine Salt	Pork Onion		Carrot Onion	Garlic	Sweet Rice Wine	Bacon Potato	Soy Sauce	Carrot Green Pepper	Green Pepper Ginger		Ginger Soy Sauce		Onion
Carrot	Sesame Oil	Carrot			Soy Sauce	Sugar	Onion	Sweet Rice Wine	Curry Powder	Soy Sauce		Japanese Rice Wine		Carrot
	Starch Ketchup	Green Onion Ginger, Garlic		Natural Stock Soy Sauce	Sugar Japanese Rice Wine	Soybean Curd	Carrot Salt	White Sesame	Curry Roux Ketchup	Sweet Rice Wine Japanese Rice Wine		Sweet Rice Wine Sugar	Salt Soy Sauce	Garlic Tomato
Parsley	Soy Sauce	Soybean Paste, Red Soybean Paste		Sugar		Japanese Mustard Spinach	Parsley	Hijiki-Seaweed	Worcestershire Sauce	Cooking Oil			Sweet Rice Wine	Ketchup
	Sugar Garlic	Sugar, Soy Sauce	Japanese Mustard Spinach	Japanese Rice Wine Dried Seaweed	Spinach Cucumber	Soybean Sprout Carrot	Ketchup	Fried Soybean Curd Soybean	Cooking Oil	Cabbage		Japanese Mustard Spinach Soybean Sprout	Sesame Oil Dried Bonito Flakes	Consommé Sugar
Soybean Sprout		Starch	Soybean Sprout		Corn	Soy Sauce	Cabbage	Carrot	Cabbage	Cucumber		Carrot		Salt
Corn Vinegar	Potato Carrot	Bean-Starch Vermicelli	Carrot Tuna Flakes		Mayonnaise Vinegar	Sugar White Sesame	Cucumber Carrot	Sesame Oil Soy Sauce	Cucumber Carrot	Carrot Vinegar		Corn Soy Sauce	Cabbage Cucumber	Cooking Oil
Soy Sauce	Cucumber	Japanese Mustard Spinach	Vinegar	Carrot	Powder Cheese	winte Sesame	Vinegar	Sugar	Plain Yogurt	Cooking Oil		Sugar		Egg
Cooking Oil	Tuna Flakes	Carrot	Soy Sauce Cooking Oil	Red Fish Cake	Garlic Sugar	Onion	Cooking Oil	Sweet Rice Wine	Mayonnaise	Sugar Salt	Public Holiday	Onion		Soybean Sprout
Sugar Salt	Mayonnaise Sugar	White Sesame Vinegar		White Sesame Vinegar	Sugar	Carrot Starch	Sugar Salt	Japanese Rice Wine	Sugar, Salt	Sait	(Sports Day)	Carrot		Carrot Tuna Flakes
	Salt	Soy Sauce		Sugar	Onion	Green Onion	al: a.11	Squash	Onion	Onion		Wakame-Seaweed	Sugar	Vinegar
Carrot Onion	Cabbage	Sesame Oil Sugar	Dried White Radish Stripes	Onion	Carrot Potato	Natural Stock Soy Sauce	Chinese Cabbage Carrot	Onion Green Onion	Potato Corn	Carrot Fried Soybean Curd		Dried Young Sardine Soybean Paste	Garlic	Cooking Oil Sugar
Fried Soybean Curd	Corn	Salt	Squash	Starch	Consommé	Japanese Rice Wine	Shimeji-Mushroom	Dried Young Sardine	Parsley	Dried Young Sardine				Salt
	Carrot Chinese Stock	Wakame Seaweed		Spinach Dried Young Sardine	Mini Jerry	Sweet Rice Wine Salt	Soymilk Consommé	Soybean Paste	Consommé	Soybean Paste		Orange	Shimeji-Mushroom Dried Young Sardine	Potato
boybean raste	Chinese Stock	Enoki-Mushroom	Dried Young Sardine	Soybean Paste	I I I I I I I I I I I I I I I I I I I	buit	Salt	Apple	Banana	Canned Pineapple			Soybean Paste	Onion
Pear	Orange	Onion Natural Stock	Soybean Paste	Canned Peach		Pear	Orongo							Corn Milk
		Soy Sauce, Japanese Rice Wine	Apple	Camed Peach			Orange							Consommé
		Sweet Rice Wine, Salt												Parsley
		Banana												Apple
														TT ·
Milk	Green Tea	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk		Milk	Milk	Green Tea
Raisin Steamed Bread	Fruits Yogurt	Toast	Cocoa Pancake	Boiled Sweet Potatoes	Pancake	Sesame Cookie	Bread Pudding	Milk Jerry	Soybean Curd Doughnuts	Starch Rusk		Baked Mashed Potatoes	Boiled Macaroni	Seasoned Rice
Wheat Flour Raisin	Plain Yogurt Banana	Bread Dried Baby Sardine	Wheat Flour Cocoa	Sweet Potato Soybean Flour	Pancake Powder Milk	Egg Sugar	Bread Egg	Milk Canned Pineapple	Soybean Curd Wheat Flour	Starch Water		Potato Starch		Rice Fried Soybean Curd, Carro
	Canned Mikan-Orange	Mayonnaise			Egg	Wheat Flour	Milk	Agar	Sugar	Brown Sugar		Butter	Sugar	Burdock Root
Curan	C	A 0 1		O 1:										
Sugar Cooking Oil	Sugar	Aosa- Seaweed	Sugar Cooking Oil	Sait		White Sesame	Sugar	Sugar	Baking Powder			Cooking Oil		Soy Sauce, Sweet Rice Win
Cooking Oil Date 10/18(Fri)	10/ 19(Sat)	Powder Cheese 10/ 21(Mon)	Cooking Oil 10/ 22(Tue)	10/ 23(Wed)	10/ 24(Thu)	White Sesame 10/ 25(Fri)	10/ 26(Sat)	10/ 28(Mon)	Baking Powder Cooking Oil 10/ 29(Tue)	10/30(Wed)	10/ 31(Thu)	Cooking Oil Sliced Cheese		Soy Sauce, Sweet Rice Win Salt
Cooking Oil Date 10/18(Fri) Morning Milk	o o	Powder Cheese 10/21(Mon) Milk	Cooking Oil 10/ 22(Tue) Milk	Milk	Milk	10/ 25(Fri) Milk	10/ 26(Sat) Milk	10/ 28(Mon) Milk	Cooking Oil 10/29(Tue) Milk	Milk	Milk	Sliced Cheese		
Cooking Oil	o o	Powder Cheese 10/ 21(Mon)	Cooking Oil 10/ 22(Tue) Milk Vegetables Bar	Milk		10/ 25(Fri) Milk	10/ 26(Sat)	10/ 28(Mon)	Cooking Oil 10/29(Tue) Milk			Sliced Cheese		
Cooking Oil Date 10/18(Fri) Milk Smack Crackers Rice Grilled Whitefish	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls	Milk Fried Crackers Rice Stir-Fried Liver	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet	Milk Fried Crackers Rice Grilled Salmon	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad	Sliced Cheese		
Cooking Oil Date 10/18(Fri) Morning Milk Crackers Rice Grilled Whitefish Dressed Spinach	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup	Sliced Cheese		
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas	Sliced Cheese		
Cooking Oil Date 10/18(Fri) Morning Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup	10/ 26(Sat) Milk	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice	Sliced Cheese		
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion	Sliced Cheese		
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt	Cooking Oil 10/ 22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot	Sliced Cheese		
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux	Sliced Cheese		
Cooking Oil Date Morning Milk Sundth Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine	10/ 26(Sat) Milk	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux	Sliced Cheese		
Cooking Oil Date Morrating Smeet Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn	Cooking Oil 10/ 22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux	Sliced Cheese		Salt
Cooking Oil Date 10/18(Fri) Milk Sunside Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout	Sliced Cheese		Salt
Cooking Oil Date 10/18(Fri) Milk Smeek Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch	10/ 26(Sat) Milk	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage	Sliced Cheese		Salt
Cooking Oil Date Morring Milk Sunder Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar	Sliced Cheese		Salt
Cooking Oil Date 10/18(Fri) Milk Sunsett Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce	Cooking Oil 10/ 22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber	10/ 26(Sat) Milk	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce	Sliced Cheese	October	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion	10/ 19(Sat)	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes	10/ 26(Sat) Milk Crackers	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Carrot	o o	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn	10/ 26(Sat) Milk	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil	Sliced Cheese Th	October	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar	Cooking Oil 10/ 22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce	10/ 26(Sat) Milk Crackers	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Smet Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar	10/ 26(Sat) Milk Crackers	milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Curot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce	10/ 26(Sat) Milk Crackers	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Soysauce Soysauce Sugar	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Sult	10/ 26(Sat) Milk Crackers Box Lunch Day	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar	10/ 26(Sat) Milk Crackers Box Lunch Day	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé	Cooking Oil 10/ 22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato	10/ 26(Sat) Milk Crackers Box Lunch Day	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine	10/ 26(Sat) Milk Crackers Box Lunch Day	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Lenoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste	10/ 26(Sat) Milk Crackers Box Lunch Day	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Lenoki-Mushroom Onion Wakame-Seaweed Natural Stock	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine	10/ 26(Sat) Milk Crackers Box Lunch Day	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Lenoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste	10/ 26(Sat) Milk Crackers Box Lunch Day	10/ 28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste Orange	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé Banana	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar Apple	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé Orange	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine Lenoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt Apple	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste Banana	10/ 26(Sat) Milk Crackers Box Lunch Day	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé Mini Jerry	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste Oranges	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley Banana	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar Apple	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé Orange	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine Lenoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine Japanese Rice Wine Lenoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste	milk Crackers Box Lunch Day	milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé Mini Jerry	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste Oranges Milk	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley Banana	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Smet Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste Orange Milk Cheese Steamed Bread Wheat Flour	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé Banana Milk Boiled Potatoes Potato	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar Apple Milk Bracken-Starch Dumpling Bracken-Starch Flour	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé Orange	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine Enoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt Apple Milk Yogurt Cake Wheat Flour	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste Banana Milk Pancake Wheat Flour	milk Crackers Box Lunch Day	milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé Mini Jerry	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste Oranges Milk Candied Sweet Potatoes Sweet Potato	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple Milk Orange Steamed Bread Wheat Flour	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley Banana Milk Halloween Cookie Wheat Flour	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Milk Sundat Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste Orange Milk Cheese Steamed Bread Wheat Flour Processed Cheese	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé Banana Milk Boiled Potatoes	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar Apple Milk Bracken-Starch Dumpling Bracken-Starch Flour Brown Sugar	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé Orange	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Looki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Enoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt Apple Milk Yogurt Cake Wheat Flour Baking Powder	Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste Banana Milk Pancake Wheat Flour Baking Powder	milk Crackers Box Lunch Day	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé Mini Jerry Milk Dried Young Sardine, Fruits Dried Young Sardine Sugar	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste Oranges Milk Candied Sweet Potatoes Sweet Potato Cooking Oil	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple Milk Orange Steamed Bread Wheat Flour Marmalade	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley Banana Milk Halloween Cookie Wheat Flour Sugar	Sliced Cheese Th	October is month's wo	Salt
Cooking Oil Date 10/18(Fri) Milk Search Crackers Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges Rice Codfish Soy Sauce Japanese Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste Orange Milk Cheese Steamed Bread Wheat Flour	10/ 19(Sat) Family Sports	Powder Cheese 10/21(Mon) Milk Rice Crackers Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé Banana Milk Boiled Potatoes Potato	Cooking Oil 10/22(Tue) Milk Vegetables Bar Champon Noodles Rice Balls Seasoned Cucumber Apples Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar Apple Milk Bracken-Starch Dumpling Bracken-Starch Flour	Milk Fried Crackers Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Sugar Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé Orange Milk Brown Sugar Rusk Bread Brown Sugar	Milk Shrimp-Flavor Crackers Rice Simmered Pork and Soybean Curd Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Japanese Rice Wine Enoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt Apple Milk Yogurt Cake Wheat Flour	10/ 25(Fri) Milk Corn Snack Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste Banana Milk Pancake Wheat Flour	milk Crackers Box Lunch Day	10/28(Mon) Milk Rice Crackers Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé Mini Jerry Milk Pried Young Sardine, Fruits	Cooking Oil 10/ 29(Tue) Milk Vegetables Bar Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Soybean Curd Wakame-Seaweed Fried Soybean Curd Dried Young Sardine Soybean Paste Oranges Milk Candied Sweet Potatoes Sweet Potato Cooking Oil Sugar	Milk Fried Crackers Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Soup Apple Milk Orange Steamed Bread Wheat Flour	Milk Shrimp-Flavor Crackers Hushed Pork Rice Cabbage Salad Milk Soup Bananas Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley Banana Milk Halloween Cookie Wheat Flour	Sliced Cheese Th	October is month's wo	Salt

